Meadowlands FAMILY SUCCESS CENTER

MARCH 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			FREE ESL Classes ONLINE Every Tues and Thurs Evening See back of calendar for details 			1 Homework Help available Call us for details
2 Computer Programming 4Kids 3:30-4:30PM	3 Chair Yoga 12PM 	4 Girls Group/Boys Group 3:30PM	5	6 Munchkin Sensory Hands 11:30-12:30PM	7 Ice Skating at Secaucus Rink REGISTRATION CLOSED 1:30-3:30	8
Diaper Week 9	10 Chess Club ALL AGES AND LEVELS WELCOME 3:30PM	11 Girls/Boys Group 3:30PM	12 Mindful Meditation with Brille on Facebook Live 9:30AM	13 Munchkin Shamrock Craft 11:30-12:30PM	14 Little Learners Big Beginnings REGISTRATION REQUIRED Ages 0-3 10AM-11AM	Diaper Week 15 Due to limited supply, please call ahead to make sure we have your diaper size available
Adult Yoga 10PM 16 Investing for Beginners 3:30PM Computer Programming 4Kids 3:30-4:30PM	Talk to SNAP Rep 10AM-2PM BY APPOINTMENT 17 Vision Board Goal Planning w/Visions Credit Union 3:30P	Girls Group/Boys Group 18 HUMC Pediatric Residents Talk about Screen Time 3:30PM	Family Game Challenge 3:30-5PM: 19	Munchkin Yoga 11:30-12:30PM 20 Make Your Own Sushi w/Jess! 1:30-2:30P RSVP REQUIRED 	21	22
23 Computer Programming 4Kids 3:30-4:30PM	24 Chess Club ALL AGES AND LEVELS WELCOME 3:30PM	Senior Benefits Navigators 10A-1PM 25 Girls Group/Boys Group 3:30PM	Meditation with Brille IN-PERSON at MFSC 10AM 26	27 Administrative Day CENTER CLOSED	FREE Business Clothes: Come Shop! 11A-2PM 28 	29
30 Computer Programming 4Kids 3:30-4:30PM	31					

All services offered are free to the community!

*See Back for More Details *

100 Washington Avenue
Little Ferry, NJ 07643
Telephone: 201-464-4714

@Meadowlands Family Success Center

@Meadowlandsfsc

Hours of Operation
Monday,Tuesday,Wednesday
9am - 5pm
Thursday: 10am - 7pm
Friday: 9am-4pm
Saturday: SEE CALENDAR

Our Free Community Services and Resources

ADVOCACY

Talk to a SNAP Representative -
By Appointments Only - Call 201-464-4714 to schedule.
Speak to a specialist to apply for SNAP benefits.

Diaper Distribution- 2nd Full Week of Each Month
Call-in advance to make an appointment for pick up. Due to low supply, 1 pack of diapers for each child. Please see calendar.

LIFE SKILLS

Girls Group - Every Wednesday 3:30 to 4:30 PM - Join us for girl fun with icebreakers, arts & crafts, journaling, current events & media literacy.

Boys Group- Every Wednesday 3:30 to 4:30PM
This dynamic program isn't just about learning—it's an adventure in self-discovery and growth. Through hands-on activities and an engaging self-awareness curriculum, boys will uncover their strengths, build confidence, and create lasting friendships.

ESL - Free ESL class offered online only. Registration REQUIRED. Call for more details. Intermediate: 6PM, Pre-Intermediate: 7PM, Beginners 8PM

Computer Programming 4 Kids - Creating Games in Scratch! Dive into the world of coding with our beginner-friendly computer programming course for ages 8 and up! Explore the basics of programming through fun, interactive projects. Laptops are encouraged but not required. Call to register.

Homework Help - Offered in Enlgish and Spanish. Monday - Thursday from 3-4:15pm. Will not be available some days due to programming or staffing conflict. Call ahead to inquire.

Community Business Clothes Swap - Update your professional wardrobe at our Community Business Clothes Swap! Browse a wide selection of gently used business attire—including traditional office wear, scrubs for the medical field, and fitness apparel for personal trainers and other active professions. This is a take what you need event—no donation necessary.

Investing for Beginners - Join Peter Petronizio from Edward Jones for an introductory session designed to help you build confidence with your finances. Learn the basics of investing, understand different types of accounts, and explore simple strategies to begin planning for your financial future.

FAMILY HEALTH

Adult Yoga
Build community, have fun and relax with our adult yoga class.

Mindful Meditation with Brille
Start your day with intention and calm. Join us every Monday and Wednesday at 9:30 AM via Facebook Live for a mindful meditation session. Participants are encouraged to relax in a comfortable space at home and visualize a positive day ahead.

Senior Benefits Navigators - Senior citizens get support with all social service applications. No registration required.

Chair Yoga - Presented by Kim Gorab of Resilience Corporate Yoga. Stay strong and centered from the comfort of a chair. No equipment or experience needed. Just bring a friend! Please RSVP 201-464-4714

PARENT-CHILD INTERACTION/DEVELOPMENT

Parent-Child Activity Series - Each session encourages hands-on fun through parent-led activities like crafting, simple food-making, and sensory exploration. This is a special opportunity for caregivers to guide, engage, and grow alongside their children in a playful and supportive environment.

Little Learners, Big Beginners
Presented by Little Ferry Public Schools, this early learning program is designed especially for children ages 0–3 and their caregivers. Families will enjoy a read-aloud story, fine motor play, coloring and early writing experiences, along with media, music, and rhyming activities that support early development. All materials are provided. To register: email jdunn@lfboe.org

COMMUNITY ENGAGEMENT

YMCA Community Food Distribution 3rd Tuesday of Each Month
Through partnerships with the Community Food Bank of New Jersey and Table to Table, the Meadowlands YMCA & FSC provide a monthly food community members in need.
Location: Meadowlands YMCA – 390 Murray Hill Parkway, East Rutherford, NJ

MFSC Parent Meeting -We will be sharing ideas for future events that address the needs of the community. Who better to be the voice of what the community needs than members of it!

The Meadowlands Family Success Center is operated by the Meadowlands Area YMCA with state funding.